

WHAT IS CLAIMED IS:

1. An apparatus for assessing psychological state, the apparatus comprising,

a measurement device, the measurement device comprising a scale defining a range of values and an indicator to mark a position on said scale; and

a manual, the manual comprising instructions for the use of the device and the manual further comprising a written description of a series of events or experiences each of which is assigned a value.
2. The apparatus according to claim 1 wherein said measurement device further comprises a support means comprising the scale defining a range of values.
3. The apparatus according to claim 2 wherein said device further comprises a stand alone base.
4. The apparatus according to claim 2 wherein said device is mountable on a wall.
5. The apparatus according to claim 2 wherein said scale is a graduated numerical scale.
6. The apparatus according to claim 2 wherein said scale is not numerical.
7. The apparatus according to claim 2 wherein said scale is a combination of numerical and non-numerical indicia.
8. The apparatus according to claim 2 wherein said indicator is re-positionable.

9. The apparatus according to claim 2 wherein said series of events or experiences are events or experiences arising from a relationship.
10. The apparatus according to claim 2 wherein the relationship is selected from the group of relationships consisting of personal relationships, family relationships, parent-child relationships, employment relationships, employee-employer and relationships.
11. The apparatus according to claim 2 wherein a value assigned to said events or experiences in said manual correlates to the scale of values on said device.
12. The apparatus according to claim 11 wherein said manual further comprises a description of a set of options based on totaling the values of a plurality of events or experiences.
13. A method of using a device according to claim 1 to measure the psychological state of an individual, the method comprising the steps of:
 - a) setting said indicator to an initial position on said device.
 - b) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
 - c) determining the value for said event or experience based on the list of events or experiences in said manual,

- d) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,
- e) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- f) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,
- g) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,
- h) repeating steps e) to g) over a period of time defined by said individual.

14. The method according to claim 13 wherein the value selected is a qualitative value.

15. The method according to claim 13 wherein the value selected is a quantitative value.

16. A method of using a device according to claim 2 to measure the psychological state of an individual, the method comprising the steps of:

- a) setting said indicator to an initial position on said device.
- b) upon the individual experiencing an actual event or actual experience, said individual referring to said manual and determining which of the listed

events or experiences in said manual most closely correlates to said actual event or actual experience,

- c) determining the value for said event or experience based on the list of events or experiences in said manual,
- d) moving said indicator from said initial position based on the score for that event or experience thereby setting the indicator to a next position,
- e) upon the individual experiencing a subsequent actual event or experience, said individual referring to said manual and determining which of the listed events or experiences in said manual most closely correlates to said actual event or actual experience,
- f) determining the value for said subsequent actual event or experience based on the list of events or experiences in said manual,
- g) moving said indicator from said next position to a new next position based on the score for that event or experience thereby setting the indicator to a new next position,
- h) repeating steps e) to g) over a period of time defined by said individual.

17. The method according to claim 16 wherein the value selected is a qualitative value.

18. The method according to claim 16 wherein the value selected is a quantitative value.